



Senior Center of York Announces December Events

Yorktown, November 22—The Senior Center of York has scheduled a variety of educational and entertaining programs during December. Participation is open to seniors, age 55 or better and their spouses, regardless of age.

The Center is located at 5314 George Washington Memorial Highway (Rt. 17), Washington Square Shopping Center, and is open Monday through Friday from 9 a.m. to 4:30 p.m. Reservations are required for all sessions, and are on a first-come, first-serve basis. To register, stop by the Center or call 898-3807. For more information, visit www.yorkcounty.gov/comser/srcenter/center.htm.

Riverside Nursing Students Social Activity - Join the nursing students from Riverside School of Professional Nursing for a fun and interactive program on **December 1 from 10 a.m. to 12 p.m.** You won't know until you show up what creative and fun activities will be provided. **Register prior to December 1.**

Join us for Breakfast, Entertainment and Annual Tree Trimming Fun – Thursday, December 2 from 9:30 to 11:30 a.m. Everyone is invited to help decorate the tree and get ready for the holidays. At 10:30 a.m. the 4th and 5th Graders from Seaford Elementary School will provide a wonderful holiday musical treat. **Register by November 30.**

Computer Classes and General Computer Use – Winter Computer Classes at the Senior Center will be six-week sessions. All classes are limited to 10 participants. **Registration: December 6 through January 14.** Call or come by the Center to register for classes.

- **Beginner Lessons start Thursday, January 20 from 9:30 to 11 a.m. or 1 to 3 p.m.**
- **Intermediate Lessons start Friday, January 21 from 9:30 to 11 a.m.**
- **E-Mail and Internet Lessons start Monday, January 24 from 3 to 4:30 p.m.**

The computers are available for general use Monday through Friday from 9:30 a.m. to 3:30 p.m. unless the lab is reserved for programmed activities. To use the computers you must sign in at the front desk of the Center.

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December 2004 Events At The Senior Center of York

Scrapbooking Class – Monday, December 6 from 9 to 11:30 a.m. Becky Wallace of Creative Memories will be available to assist in the organization and layout of your book. Bring your photos and materials. **Registration closes December 3.**

The Senior Center of York's "Angel Tree" is up at the Center. Each person who gets an angel from the tree is asked to provide a poinsettia plant. The Center will send the plants to the York County Meals-On-Wheels recipients. Please come and join in on the giving for this worthwhile program. **The poinsettias need to be to the Center by Wednesday, December 8 for delivery.**

Just a reminder that the **Seniors' 2004 Christmas Dinner Dance** will be held at **Grafton High School on Saturday, December 11 from 5 to 8 p.m.** Be sure and bring your tickets as they are required for admission along with a gift of non-perishable goods, which will be given to the York County "Food Closet." Contributed items will be collected at the door.

Health Day – Wednesday, December 15 at 12:30 p.m. "Recognizing and Coping with the Holiday Blues"--- Society tells us that the holidays are a time to be full of cheer. But for many, the holidays are not a joyous occasion and can bring feelings of depression, loss and loneliness. Join Bonnie Basilone, of the Colonial Services Board, as she discusses how to recognize depression and offer suggestions to help alleviate the feelings of loneliness associated with the holidays. **Register by December 14.**

The Senior Center will be celebrating the holidays by combining its annual **Christmas Party** and combined **November/December Birthday Bash on Friday, December 17 from 1 to 3 p.m.** Everyone will be able to "chime" in on his or her favorite Christmas song. You are invited to attend this party if you are celebrating a birthday or not. **Registration ends December 15.**

Beginning Body Recall Classes – Classes normally meet **Monday, Wednesday and Friday.** Class sessions are tentatively scheduled for: **Session 1 at 8:45 a.m., Session 2 at 10 a.m., and Session 3 at 11:15 a.m.** Body Recall, a non-aerobic lifetime fitness program led by a certified instructor, is safe and makes it possible for everyone to achieve success. Call the Senior Health Office at Mary Immaculate Hospital at 886-6464 for class information.

Dining Club – Sign up for the Dining Club that meets at the Senior Center on **Tuesday, Wednesday, and Friday from 10 a.m. to 1:30 p.m.** Participants can exercise with Senior-cise instructor, Sabine Huffman, every **Tuesday from 12:45 to 1:30 p.m.** Participants must be age 60 or over and register with the Peninsula Agency on Aging by calling 873-0541.

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December 2004 Events At The Senior Center of York

Home Delivered Meals Program – The York County Meals-On-Wheels program serves persons who are homebound and unable to obtain adequate nutrition. To participate call the York County Coordinator at 898-4252.

Craft Activities: For more details, call the Center at 898-3807.

- **Knitting and Crocheting Class - Mondays from 1 to 3 p.m.**
- **Ceramics Classes - Will meet 1st and 3rd Tuesdays from 9 a.m. to 12 p.m.** Debbie Reed is the instructor. Classes are free. The projects make great gifts and treasures for your home. Pay for product as you go. Use instructor's stains or under glazes for \$2 a class or purchase your own.
- **Art Class – Will meet each Tuesday from 1 to 4 p.m**
- **“Special Squares” Quilting Class – Thursday, December 16, from 9 a.m. to 12 p.m.**

Come visit the “Senior Center Art Exhibit” at the Gallery at York Hall. Senior Center “Crafter” creations will be displayed through **Monday, December 20**. The gallery is located in York Hall at the corner of Main and Ballard streets in historic Yorktown.

Blood Pressure Checks – The York County Fire Department – Grafton Station will provide blood pressure checks at the Senior Center on **Wednesdays from 12:30 to 1:30 p.m.** It is recommended that you call ahead to let the staff know you plan to visit the Center for this service. Blood pressure can be taken at any York County Fire Station.

NOTES:

The Center will be closed on the following days:

- **Friday, December 24 to observe Christmas Eve.**
- **Monday, December 27 to observe Christmas Day.**
- **Friday, December 31 to observe New Year's Eve**
- **Monday, January 3 to observe New Year's Day**

The Dining Club will be closed from December 21 through January 3. Dining Club will resume on January 4.

AARP Driver Safety Program will not be conducted in December.

Cultural Day will not be conducted in December.

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